

## CHAPTER 1

### INTRODUCTION

This research is conducted and dealt with background, statement of the problem, research objective, research significance and definition of key terms. And in this chapter, there are several sets of information that relate to the emergence of the problem under study.

#### 1.1 Background of Research

In psychoanalysis, human behavior can be divided into two, namely reflexive and non-reflexive behavior. Reflexive behavior occurs spontaneously, such as blinking of the eyes when exposed to light, movement of the knee when touched by a hammer touch, pulling a finger when exposed to fire, and so on. Reflexive behavior occurs by itself. In this case, the stimulus received by the individual does not reach the central nervous system or brain, as the center of consciousness or the center of human behavior control. The condition is different from non-reflexive behavior which is controlled or regulated by the rudimentary center or brain. After the stimulus is received by the receptor, then forwarded to the brain as a nerve center, the center of consciousness, then a response called a psychological process occurs. Behavior or activity on the basis of psychological processes is called psychological activity or psychological behavior (Branca, 2004: 12-13).

Psychoanalysis from Freud states that depression is caused by oral needs in childhood who are less satisfied or, conversely, excessively satisfied (Lubis, 2009: 88). Less satisfied is also called lacking, lacking here can be like lacking affection from their parents, lack of play because it is too fragmented to continue learning, it can also lack attention from their parents. And excessively satisfied is where someone get everything in excess, for example, such as being too spoiled by their parents, always given whatever the child wants, giving allowances that exceed their age capacity and others. Psychoanalysis is considered as one of the revolutionary

movements in the field of psychology that began with the healing methods of people who mentally ill, to become a new conception of humans. The principal psychoanalytic hypothesis states that human behavior is largely determined by unconscious motives, so Freud is dubbed the father of Explorers and the maker of human unconscious maps. The theory of psychoanalysis refers to the term popularized by Freud. Broadly speaking, this theory states that "unconsciousness" in individuals has a major role in a person. On the basis of this theory, Freud cared for those suffering from psychological disorders.

Psychoanalysis theory has become the most widely used and developed theory to date. The concept of this theory is used to examine a person's personality against a psychic process that is unreachable by scientific matters. With the psychoanalysis method, Freud intended to restore the patient's personality structure by raising awareness that he did not realize before. Psychoanalytic theory is a theory that seeks to explain the nature and development of personality. The main elements in this theory are motivation, emotion, and other internal aspects. This theory assumes that personality develops when conflicts arise from these psychological aspects, which generally occur in children or early age. "Psychoanalysis is the most dominant psychological theory in the analysis of literary work. Psychoanalysis Sigmund Freud is a dynamic system of psychology that seeks the roots of human behavior and motivation in the unconscious conflicts." (Minderop, 2005: 143)

According to Freud in (Feist, Jess and Gregory J. Feist, 2008: 22), mental life is divided into two levels, namely the unconscious and conscious. Conscious is the initial level of awareness that we observe at a particular moment. According to Freud, only a small part of mental life (thoughts, perceptions, feelings, and memories) enters consciousness (consciousness). The contents of the results of the conscious region are the results of the filtering process that is regulated by stimulus. And unconscious is the deepest part of the structure of consciousness and according to Freud is the most important part of the human soul. In particular Freud proved that unconsciousness is not a hypothetical abstraction but that it is an empirical reality. The unconscious contains instincts, impulses and drivers brought from birth,

and traumatic experiences (usually in childhood) that are suppressed by consciousness so that it moves to the area of the unconscious. The content or material of the unconscious has a strong tendency to continue in the unconscious, its influence in regulating behavior is very strong but remains unconscious.

Conscious nature itself has two more different levels, namely the real subconscious and preconscious. According to (Gunawan, 2012: 18), the influence of the subconscious mind on us is 88% while for the conscious mind the influence is 12%; furthermore, the conscious mind and the subconscious mind actually influence each other and work in parallel at a very high speed. And preconscious is also called available memory, which is the awareness that is a bridge between conscious and unconscious. The contents of preconscious come from conscious and from the unconscious. The experience that is left by the attention, initially realized but then not observed, will be directed and suppressed so that it moves to the conscious region.

Freud's insistence on human personality was based on experiences with his patients, analysis of his dreams, and extensive reading of various literature of science and humanity. These experiences provide data that is fundamental to the evolution of his theory. For him, the following theory follows observations and his concept of personality continues to be revised during the last 50 years of his life. (Berry, 2001: 2) says that psychoanalysis is a comprehensive system in psychology that was developed by Freud slowly when he handled people who experienced neurosis and other mental problems.”

Literary works that are most interested in readers today are prose in the form of novels that are packaged and made in such a way that the content and language appeal to the reader's interest. Novels are a form of literature that is not much different from other literary works, such as drama and poetry. This novel is a literary work that illustrates the function or social benefits that cannot be entirely personal (Wellek and Warren, 1956: 94). Novel *The Girl on the Train* by Paula Hawkin, which will be examined by researchers in detail from several aspects that will be In

that study, the form of depression experienced by Rachel Watson as the main character, depression factors that cause depression and the effects of depression. from several aspects which will be discussed through Corri's theory as a form of depression, Santrock's theory of depression factors and Kaplan as a theory of the effects of depression. the three figures of the theory can explain from the understanding that the Depression will be one of the researchers.

This research inspired and referred to several previous studies, the first study is entitled *Depression in The Room novel by Emma Donoghue* written by Elisa Mariam Lengkong. The study discusses or analyzes the depression in Emma Donoghue's room novel. The story begins with bad happenings experienced by a girl named Joy, she is 19 years old, she has experienced something very bad where she was kidnapped by a man named Old Nick, confined in a small room and obeyed Old sex desires, Nick. And finally, she bore a child named Jack, who was none other than the son of Old Nick. They are in brackets until Jack is 5 years old. During the time, they knew nothing about the outside world again and tried to survive in a small space. The theory used in this novel is the psychoanalysis theory of depression, from the results of this study associated with the writer's research used for reference in the research of *The Girl on The Train* novel.

The second, the research by Hanni Zumira with the title of *Psychological Analysis of Sensei Character in Natsume Soseki's Secret Hearts Novel*. This study was discussed about the psychological burden of Sensei's character in Secret Hearts. And it discussed another sad event that occurred in the life of Sensei is a way of life that is not easy to pass. It made Sensei lose his passion for life and had an impact on mentality made him experience psychological disorders like depression. The approach used in this study is the same psychoanalysis theory in form of experiencing depression by both figures in the novel, this research discussion is the same as the research that the writer did is about depression.

Third is research by Wiwik Rahayu with the title *Inner Conflict of The Main Figure in Detik Terakhir novel by Alberthiene Endah*. This research focuses on

conflict experienced by main character in the *Detik Terakhir* novel by Alberthiene Endah. From some of conflicts experienced by the main characters in *Detik Terakhir* novel, the writer found several things that caused the psychology of main character to be shaken, so that he made every effort in form of attitudes and actions as a form of protection from hateful life. From this case, the psychoanalytic approach is focused on Sigmund Freud's theory. The choice of approach is focused on Sigmund Freud's psychoanalytic theory because of the consideration this approach is suitable for studying the inner conflicts experienced by the main characters in *The Girl on The Train* novel.

Therefore, the author is interested in analyzing a novel entitled *The Girl on The Train*, which focuses on researching the problem of mental depression from of the main character. This novel tells the story of the struggle of Rachel Watson, the main character in this novel who continues to try to strengthen herself for divorce that makes herself fragile and continues to drag on sadness. As a result of the divorce, Rachel became depressed and became a person addicted to drinking alcohol and her life became a mess. Because of depression is a major problem in the novel.

## **1.2 Statement of Problem**

In this novel there is an identity crisis even as depression becomes a problem that can be reviewed. With the time limit, and the knowledge the writer has, the author focuses on analyzing the character "Rachel Watson" based on Sigmund Freud's psychoanalytic theory.

Thus the writer raises the research problems as follow:

1. What forms of depression are experienced by Rachel Watson in the novel *The Girl on The Train*?
2. What are the causes of Rachel Watson is depression in the novel *The Girl on The Train*?

3. What are the effects caused by the depression experienced by Rachel Watson in the novel *The Girl on The Train*?

### 1.3 Research Objectives

The research objectives were used to provide clear direction in the research conducted. The objectives in this study are as follows:

1. To analyze, and explain the factors Rachel Watson has mental depression.
2. To identify and analyze the depiction of Rachel Watson in the novel *The Girl on The Train*.
3. To illustrate the effects of the Rachel Watson Depression experience.

### 1.4 Research Significance

The benefits of the research in this study are as follows:

This research is expected to contribute to the analysis of literature and can provide understanding to readers, especially Adab and Humanities students majoring in English literature and for other students, about psychological analysis in literary works. especially analyzing "Depression Experienced by Rachel Watson as the Main Character in Novel *The Girl on The Train* by Paula Hawkins, in which many aspects are discussed in this study about the main character, which in its nature is primarily a form of depression, factors, and effects of depression, so you can experience when there are many problems from the novel *The Girl on The Train*.

And this research is expected to provide a deeper understanding to the reader, especially for the Adab and Humanities Faculty students about divorce as the main trigger for depression by the main character found in the novel "*The Girl on the Train*" by Paula Hawkins. In addition to divorce that causes the problems he experienced, there are also many problems that make the main character change dramatically and it can be understood that the problems that Rachel Watson is experiencing will become depressed, better understand if the reader can master the

novel *The Girl on the Train* in reading to the end and researchers provide more understanding that can really be understood by readers.

This research is expected to provide a good lesson for students of the Adab and Humanities Faculty about how to survive in the midst of depression described by Rachel Watson in the novel "*The Girl on The Train*" by Paula Hawkins. what we understand and we can learn, recognize and can provide solutions that we understand to what is in the language of the problems experienced by the main character in the novel *The Girl on The Train*.

### **1.5 Definition of Key Terms**

1. Depression is a condition of mental disorders that can be caused by excessive feelings of sadness that has a negative impact on a person's thoughts, actions, feelings, and mental health.
2. Psychoanalysis is a branch of science developed by Sigmund Freud and his followers, as a study of human psychological functions and behavior. Psychoanalysis has three applications, namely the research method of the mind, the systematic science of human behavior, the method of treating psychological or emotional illness.
3. Personality is the whole attitude, expression, feeling, garment, characteristics and also a person's behavior. This attitude of expression and temperament will be manifested in one's actions if faced with certain situations. Every person has a tendency to behave that is standard or applies continuously consistently in facing the situation that is being faced, so that it becomes his personal characteristics.